

BBQ Chicken 2, 2 oz legs each180

Number of Servings: 180 (154.94 g per serving)

Amount	Measure	Ingredient
44.40	lb	Chicken, broiler/fryer, drumstick, w/skin, raw
7 3/4	qt	Sauce, barbecue

Nutrients per serving

Nutrition Facts			
Serving Size (155g)			
Servings Per Container			
Amount Per Serving			
Calories 210		Calories from Fat 90	
		% Daily Value*	
Total Fat 10g		15%	
Saturated Fat 3g		15%	
Trans Fat --g			
Cholesterol 90mg		30%	
Sodium 440mg		18%	
Total Carbohydrate 6g		2%	
Dietary Fiber 1g		4%	
Sugars 2g			
Protein 22g			
Vitamin A 2%		• Vitamin C 10%	
Calcium 2%		• Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

Place 100 2- oz chicken legs in single layer on sprayed or parchment-lined baking sheets. Bake at 350 degrees F for 30 minutes. Spread BBQ sauce over partially baked chicken legs, cover with foil. Continue baking another 30 minutes or until chicken is tender and internal temperature reaches 170 degrees F.

Serve 2 2 oz chicken legs/serving. Will weigh less after baking.

May use 4 oz legs in yield called for in recipe and serve 1 per person. These would be quite large legs.